

# BRFSS Brief

Number 1803

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual statewide telephone survey of adults developed by the Centers for Disease Control and Prevention and administered by the New York State Department of Health. The BRFSS is designed to provide information on behaviors, risk factors, and utilization of preventive services related to the leading causes of chronic and infectious diseases, disability, injury, and death among the noninstitutionalized, civilian population aged 18 years and older.

## Overweight and Obesity

New York State Adults, 2016

### Introduction and Key Findings

Obesity and overweight are currently the second leading cause of preventable death in the United States (US) and may soon overtake tobacco as the leading preventable cause of death.<sup>1</sup> By the year 2050, obesity is predicted to shorten life expectancy in the US by 2-5 years.<sup>2</sup> Obesity is a significant risk factor for many chronic diseases and conditions including type 2 diabetes, asthma, high blood pressure, high cholesterol, stroke, heart disease, certain types of cancer, and osteoarthritis.<sup>3-6</sup> Increasingly, these conditions are being seen in children and adolescents<sup>7,8</sup>

Creating community environments that promote and support healthy food and beverage choices and physical activity is a major goal in the effort to prevent and reduce the burden of chronic disease and a focus of the New York State Prevention Agenda 2013-2018. Maintaining healthy weight should start early in childhood and continue throughout adulthood.

#### Key Findings

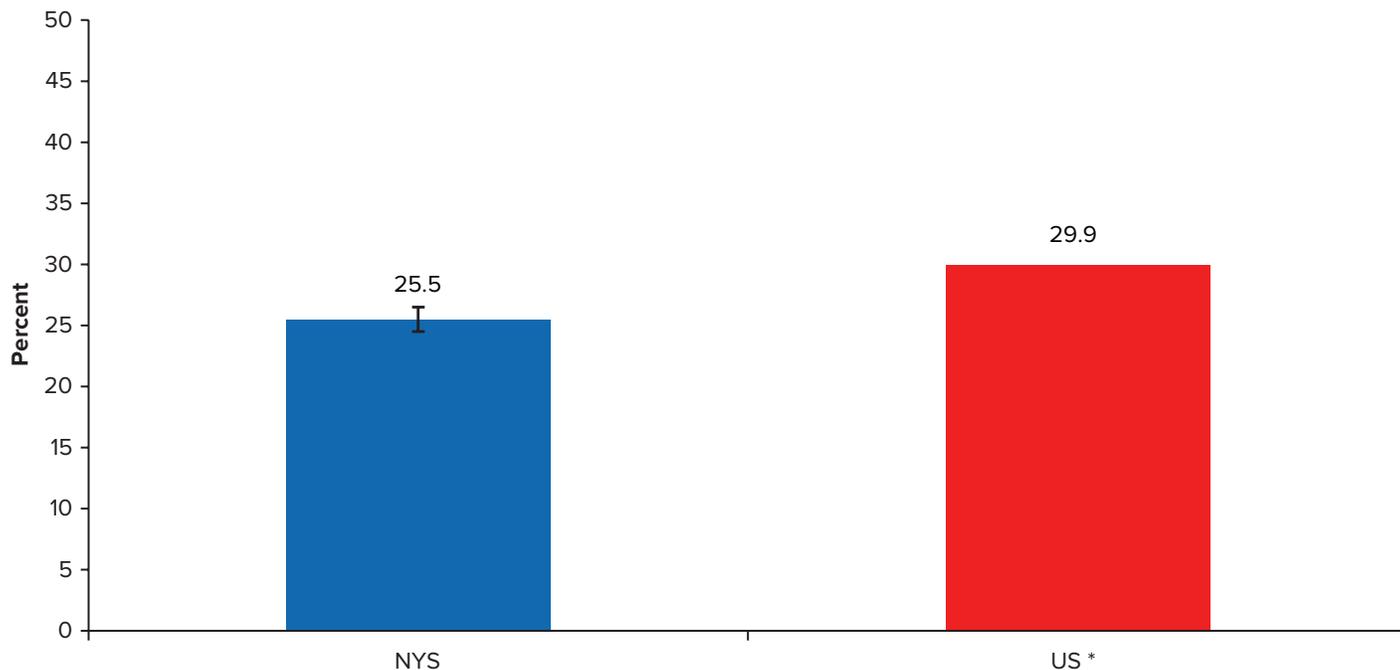
One-quarter (25.5%) of adults in New York State (NYS) are obese and another 35.3% are overweight, an estimated 8.5 million residents. The prevalence of obesity in NYS is higher among adults who are non-Hispanic black or Hispanic (33.8% and 29.8%, respectively), earn an annual household income less than \$25,000 (30.5%), are currently living with disability (38.1%), and those who live in the region outside of New York City (27.4%). The prevalence of obesity is less among adults with a college degree (18.5%).

### BRFSS questions

1. About how much do you weigh without shoes?
2. About how tall are you without shoes?

Weight and height responses were used to determine body mass index (BMI), calculated as weight in kilograms divided by the square of height in meters. Respondents were classified as overweight if their BMI was equal to or greater than 25.0, but less than 30.0. They were classified as obese if their BMI was 30.0 or greater.

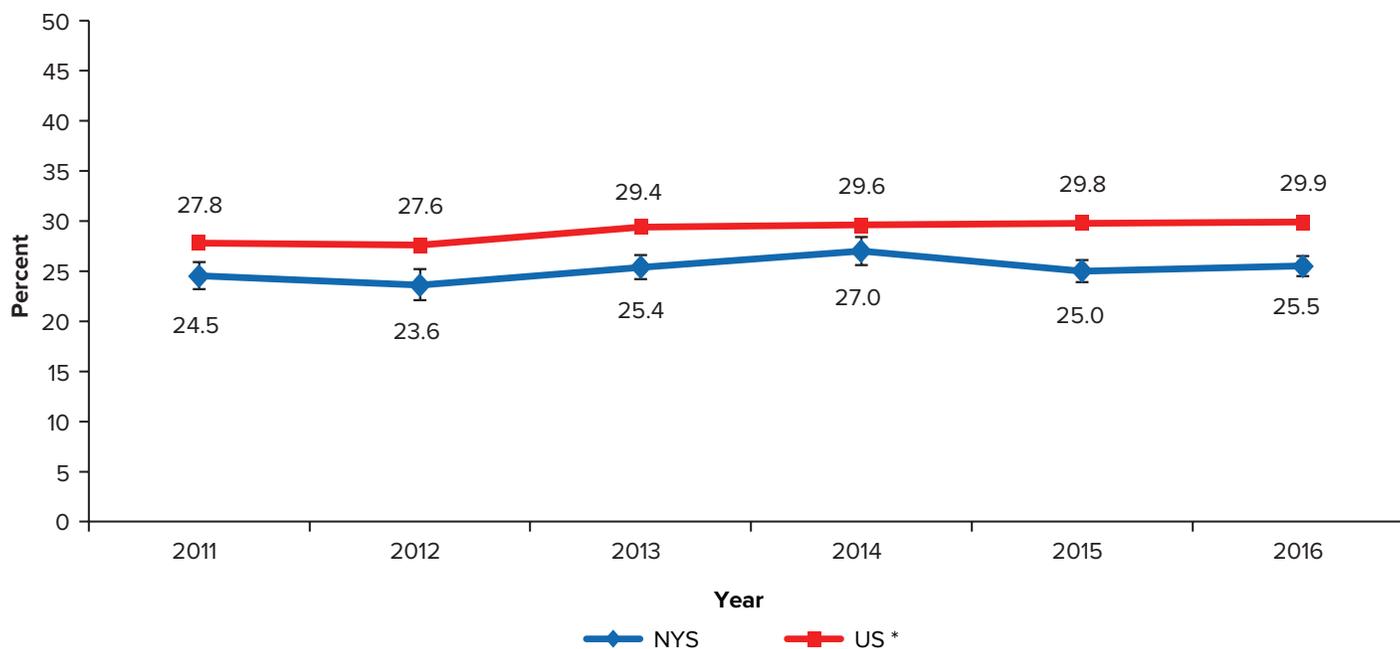
**Figure 1. Obesity among US and New York State adults, BRFSS 2016**



\*Median percent; includes data from all 50 states and the District of Columbia.

Note: Error bars represent 95% confidence intervals.

**Figure 2. Prevalence of obesity among US and New York State adults, by BRFSS survey year**



\*Median percent; includes data from all 50 states and the District of Columbia.

Note: Error bars represent 95% confidence intervals.

## Overweight and obesity<sup>a</sup> among New York State adults, 2016 BRFSS

	Neither overweight nor obese		Overweight <sup>b</sup>		Obese <sup>c</sup>	
	% <sup>d</sup>	95% CI <sup>d</sup>	%	95% CI	%	95% CI
<b>New York State (NYS)</b> [n=34,190]	39.2	38.0 - 40.3	35.3	34.2 - 36.4	25.5	24.5 - 26.5
<b>Sex</b>						
Male	33.1	31.5 - 34.7	41.1	39.4 - 42.7	25.9	24.4 - 27.3
Female	45.2	43.6 - 46.9	29.6	28.1 - 31.1	25.2	23.8 - 26.5
<b>Age (years)</b>						
18-24	63.4	59.3 - 67.4	24.0	20.2 - 27.7	12.7	10.1 - 15.3
25-34	47.1	44.2 - 50.0	30.5	27.9 - 33.2	22.4	20.0 - 24.7
35-44	34.9	31.9 - 37.9	37.1	34.1 - 40.1	28.0	25.3 - 30.7
45-54	28.9	26.5 - 31.3	39.5	36.8 - 42.2	31.6	29.1 - 34.1
55-64	30.6	28.2 - 33.0	38.0	35.5 - 40.5	31.4	29.1 - 33.7
65+	36.6	34.4 - 38.8	38.8	36.7 - 40.9	24.6	22.7 - 26.5
<b>Race/ethnicity</b>						
White non-Hispanic	40.2	38.9 - 41.5	35.4	34.1 - 36.6	24.4	23.4 - 25.5
Black non-Hispanic	30.1	26.7 - 33.4	36.1	32.7 - 39.6	33.8	30.4 - 37.2
Hispanic	34.0	31.1 - 36.9	36.2	33.3 - 39.1	29.8	27.1 - 32.5
Other non-Hispanic	55.1	50.2 - 59.9	31.4	26.7 - 36.0	13.6	10.4 - 16.7
<b>Income</b>						
<\$25,000	36.7	34.4 - 39.0	32.9	30.7 - 35.1	30.5	28.4 - 32.6
\$25,000-\$49,999	36.0	33.4 - 38.6	36.0	33.5 - 38.6	27.9	25.7 - 30.2
\$50,000 and greater	40.2	38.5 - 42.0	37.0	35.3 - 38.7	22.8	21.3 - 24.2
Missing <sup>e</sup>	45.0	41.5 - 48.6	33.1	29.8 - 36.5	21.8	19.1 - 24.6
<b>Educational attainment</b>						
Less than high school (HS)	32.1	28.5 - 35.6	36.0	32.5 - 39.5	31.9	28.6 - 35.2
High school or GED	34.0	31.8 - 36.3	35.7	33.5 - 37.9	30.2	28.2 - 32.3
Some post-HS	38.4	36.1 - 40.7	35.5	33.3 - 37.7	26.1	24.1 - 28.0
College graduate	47.2	45.4 - 49.0	34.3	32.7 - 36.0	18.5	17.2 - 19.8
<b>Disability<sup>f</sup></b>						
Yes	30.2	28.0 - 32.4	31.7	29.4 - 34.0	38.1	35.8 - 40.3
No	42.1	40.7 - 43.4	36.0	34.7 - 37.3	21.9	20.9 - 23.0
<b>Region</b>						
New York City (NYC)	43.1	41.0 - 45.2	33.9	32.0 - 35.9	23.0	21.3 - 24.7
NYS exclusive of NYC	36.3	35.0 - 37.6	36.3	35.0 - 37.6	27.4	26.3 - 28.5

a Based on categories of body mass index (BMI), calculated as weight in kilograms divided by the square of height in meters

b Overweight, 25.0≤BMI<30.0

c Obese, BMI≥30.0

d % = weighted percentage; CI = confidence interval.

e "Missing" category included because more than 10% of the sample did not report income.

f All respondents who reported having at least one type of disability (cognitive, mobility, vision, self-care, independent living or deafness)

## References

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## Program Contributions

New York State Department of Health  
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Bureau of Community Chronic Disease Prevention

## Order Information

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